





Year 9: ASK Yourself!

Subject: Food Preparation and Nutrition Unit: Special Diet Project

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 S kills				
Cooking potatoes in a variety of dishes	I can make a range of products with assistance.	I can follow a recipe independently.	I can prepare a variety of dishes which are finished to a high standard.	I can modify a recipe and create an original idea.
Knife, peeler and colander skills	I can hold a knife correctly.	I can use a knife to chop and slice potatoes safely.	I can use a colander to drain potatoes safely.	I can mash potatoes so they are smooth with no lumps.
 K nowledge				
Understand that some people have to follow a special diet	I can name 4 special diets.	I can identify what foods should be avoided for people following a special diet.	I can distinguish between social/ moral/ medical or cultural reasons why a special diet may be followed.	I can adapt a recipe for someone with a special dietary need.
Dietary labels	I know that foods are labelled with dietary advice.	I know what information to look for when following a special diet.	I can identify what symbols are associated with special diets on packaging.	I can explain what labelling is required by law on packaging.
Variety of potatoes	I know there are many varieties of potatoes available.	I can name 5 varieties of potato.	I know which varieties of potato are suitable for mashing.	I can choose a suitable potato and create a salad with good presentation skills.